

Prevention 201  
2019 Region 2 & 5 Prevention Conference  
*Take Time For Wellness*  
Frankenmuth, Michigan  
Tuesday, May 21, 2019

Presented by:

Ken Dail, Executive Director  
Prevention Network Michigan





The mission of Prevention Network is to prevent youth drug abuse and other risk behaviors by working with individuals, grassroots groups, and other organizations in order to improve the health, wellness, and safety in Michigan communities.



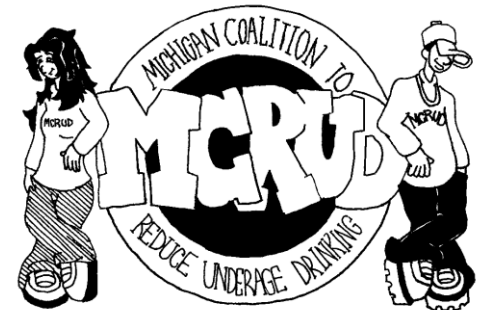
# Prevention Network

*We Take Prevention Personally!*

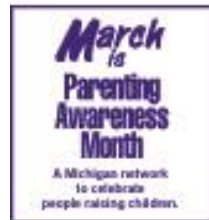
Michigan's network to support and expand community substance abuse prevention.



Skillman, WK Kellogg, Kresge Foundations,  
SE Michigan United Way



**MICHIGAN HIGHER EDUCATION NETWORK**  
AOD PREVENTION



Parenting Awareness  
**MICHIGAN**

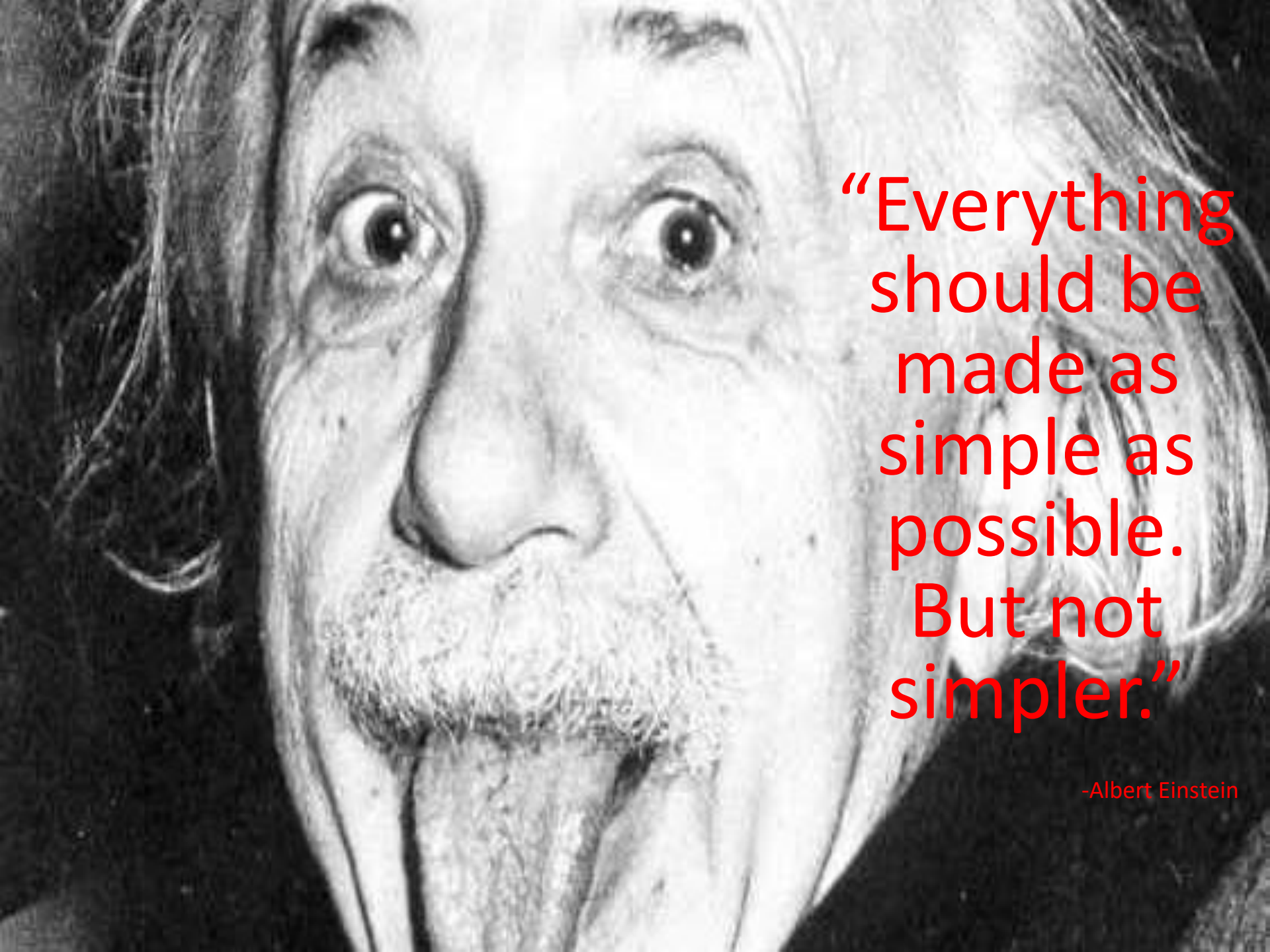
Parenting  
is for a  
Lifetime

# Prevention 101

Original training developed by  
Prevention Network Michigan  
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Revised: December, 2018



A black and white close-up portrait of Albert Einstein. He has a wide-eyed, surprised expression, with his eyes looking directly at the camera. His hair is wild and unkempt, and he has a prominent white beard and mustache. The lighting is dramatic, highlighting the texture of his skin and the intensity of his gaze.

“Everything  
should be  
made as  
simple as  
possible.  
But not  
simpler.”

-Albert Einstein

# Prevention 101

Who is in the room today?

Parent

Grand parent

Certified Recovery Coach

Person in long term recovery

Member of Law Enforcement

Business owner

Coach/Mentor/Tutor

Clinician or Counselor

Artist

Faith based leader

Retiree

Certified Prevention Specialist or Consultant

School staff/administration/para-professional/bus driver

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# Objectives

1. Quick review of Prevention 101
2. How to identify Risk & Protective factors in our community
3. How to prioritize R & P Factors
4. Looking for Super-strategies
5. Filling in the logic model
6. Implement, evaluate, & celebrate.





# From this morning...

- What do you do?
- What's a SPF?
- What are Risk & Protective Factors?
- Who is Hawkins and Catalano?
- Why do we need a logic model?





How do we keep teens from making unhealthy decisions?

To determine what risk and protective factors we will be working with, we will need to collect some data.



# What data should we collect and where can we get it?

- Observations – what can you see, hear, and touch in your community that will help answer the 4 questions?
- What data is already available?
  - MiPHY
  - YRBS
  - Mi-SUDDR
  - Law Enforcement
  - Emergency Room – EMS data



# What data should we collect and where can we get it?

- What if there is a data-gap?
- How do we go about collecting our own data?
- What is the role of stories, anecdotes, and rumors in data collection?
- What does “qualitative” and “quantitative” really mean?
- When do we have enough data?
- Don’t be too quick to jump to unsupported conclusions.



# Strategies and interventions

- Research Based
- Proven Effective (Says Who?)
- Promising Practices
- Best Practices
- Good Ideas
- Intuitive approaches



# Strategies and Interventions

- Coalition and Agency staff will have an action plan that has been approved by a funding source that must be followed to continue to receive funding.
- Other activities can be supported by volunteers or alternate sources of funding.
- Regardless of the source of funding, there are **effective** and **ineffective** ways to approach substance abuse.



# Strategies and Interventions

If our goal is to change the environment in our community to increase the protective factors and decrease the risk factors, we must use the most appropriate, most effective strategies available.



# Strategies and Interventions

- Is it effective? Has it been researched?
- Is it appropriate for the issues we have identified?
- Does it fit our community?





# Strategies and Interventions – Effectiveness

**It has been included in a federal registry  
of evidence-based interventions.**



**It has been reported in peer review  
journals with positive effects.**



**It has documented effectiveness that  
is supported by other sources of  
information and the consensus of  
experts.**

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# Strategies and Interventions

## Federal Registries

- Center for Disease Control & Prevention Community Guides
- Evidence Based Practices Resource Center (Replaced NREPP)



# Strategies and Interventions

## Peer Reviewed Journals

### Peer Reviewed Journals

- *American Journal of Public Health*
- *Journal of Addiction Studies*
- *Annual Review of Public Health*
- *Journal on Studies of Alcohol*
- *Preventive Medicine*
- *Journal of School Health*
- *Journal of Adolescent Health*
- *Journal of the American Medical Association*
- *Public Health and Research*



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# Strategies and Interventions Peer Reviewed Journals

## Searchable Databases

Google Scholar

<http://scholar.google.com/>

U.S. National Library of Medicine

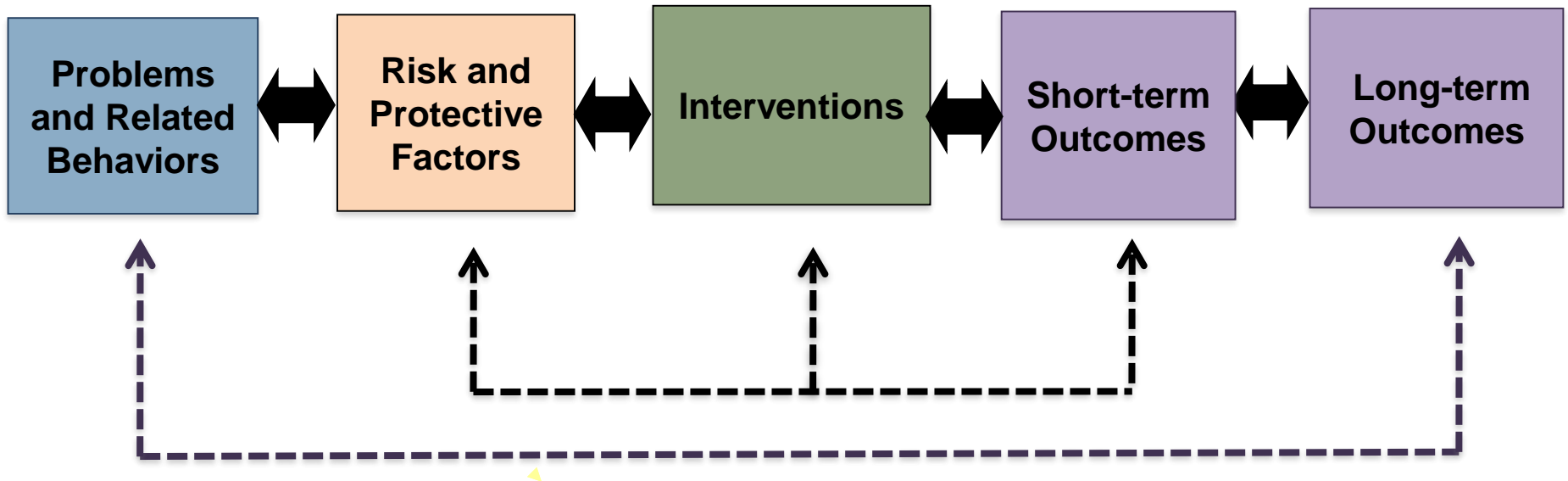
<http://www.pubmed.gov>



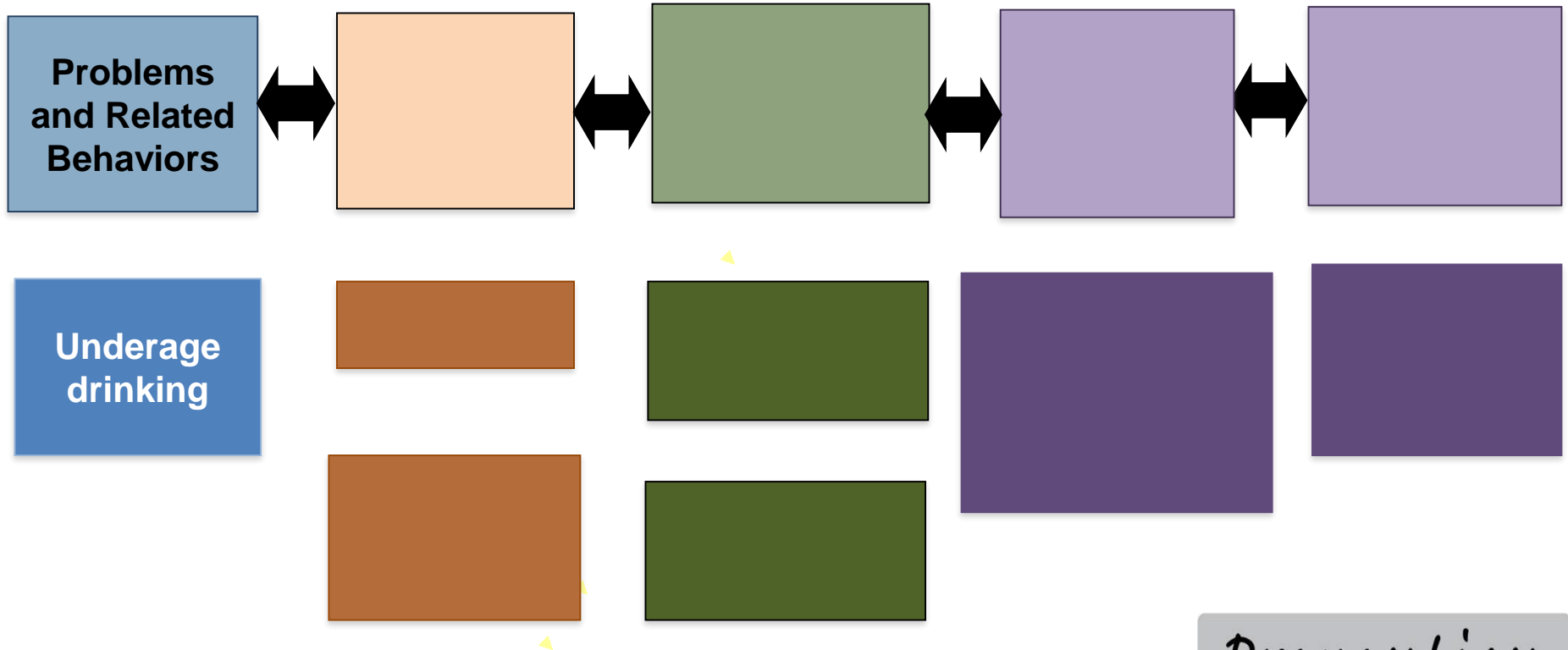
# Logic Model: Short- and Long-term Outcomes



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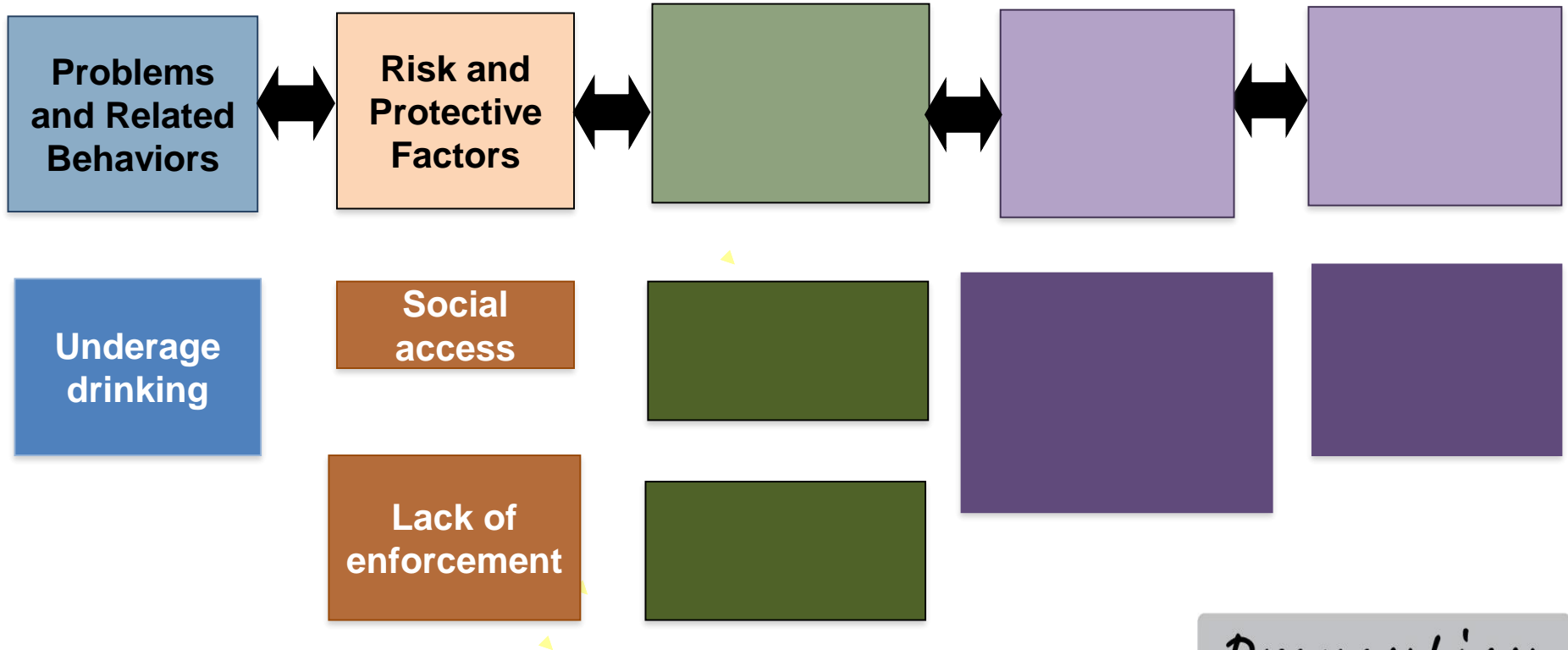


# Example: Underage Drinking

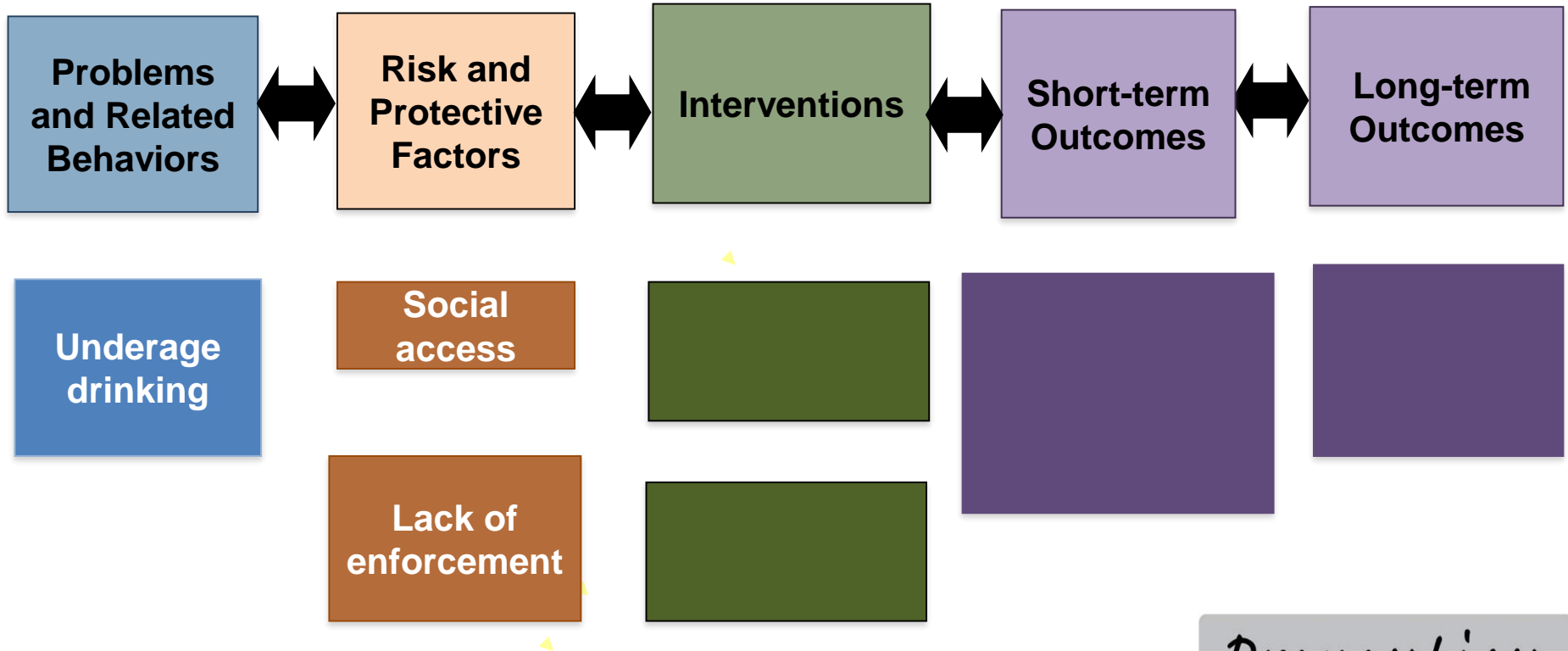




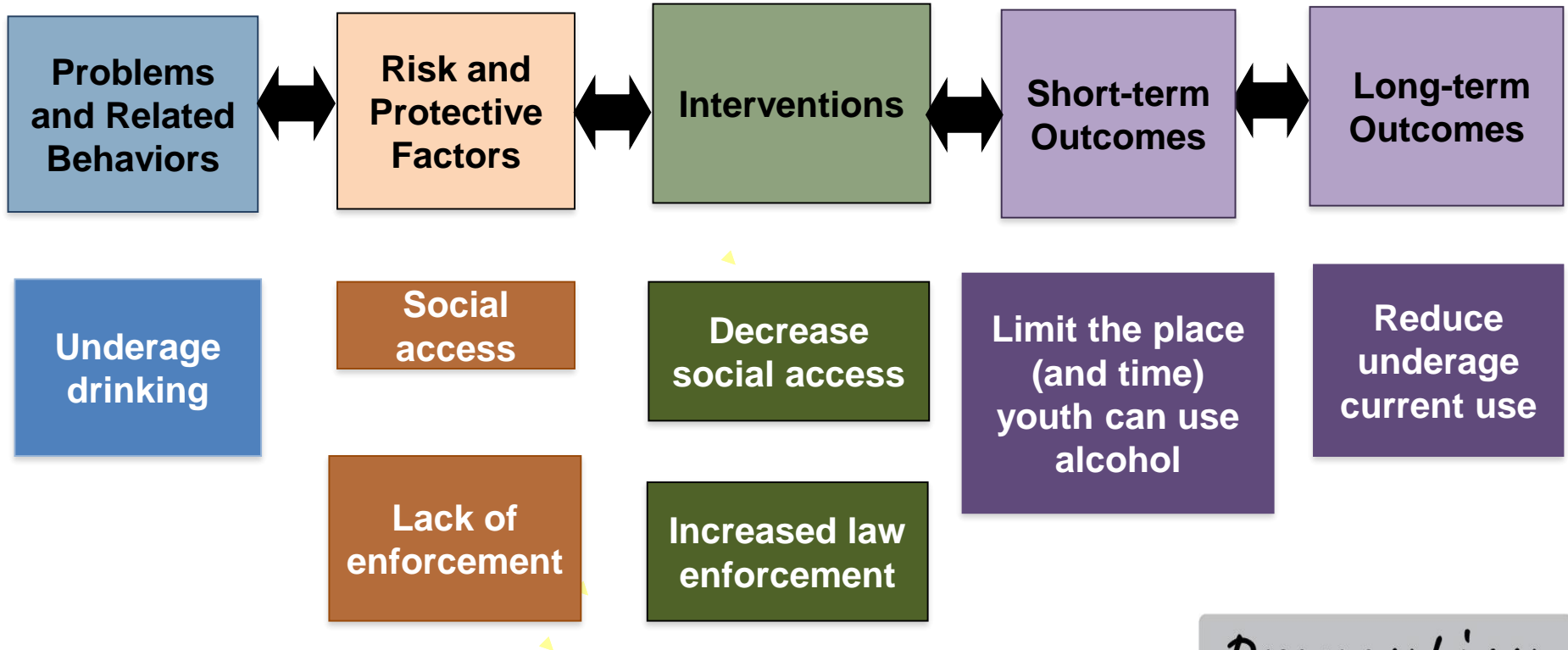
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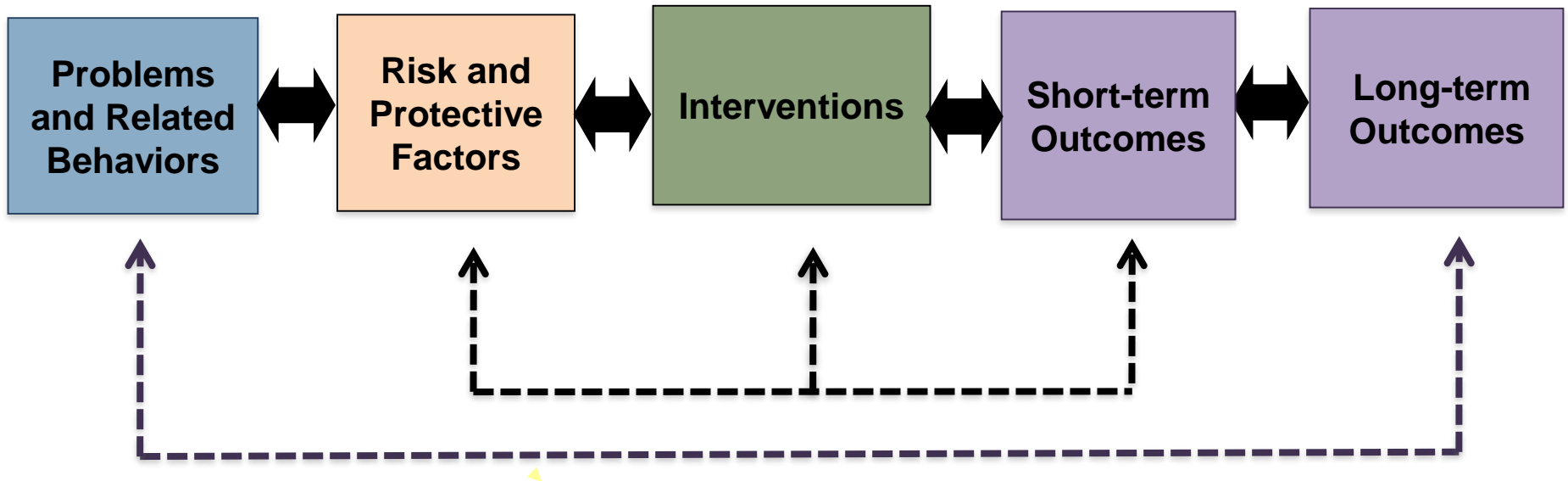
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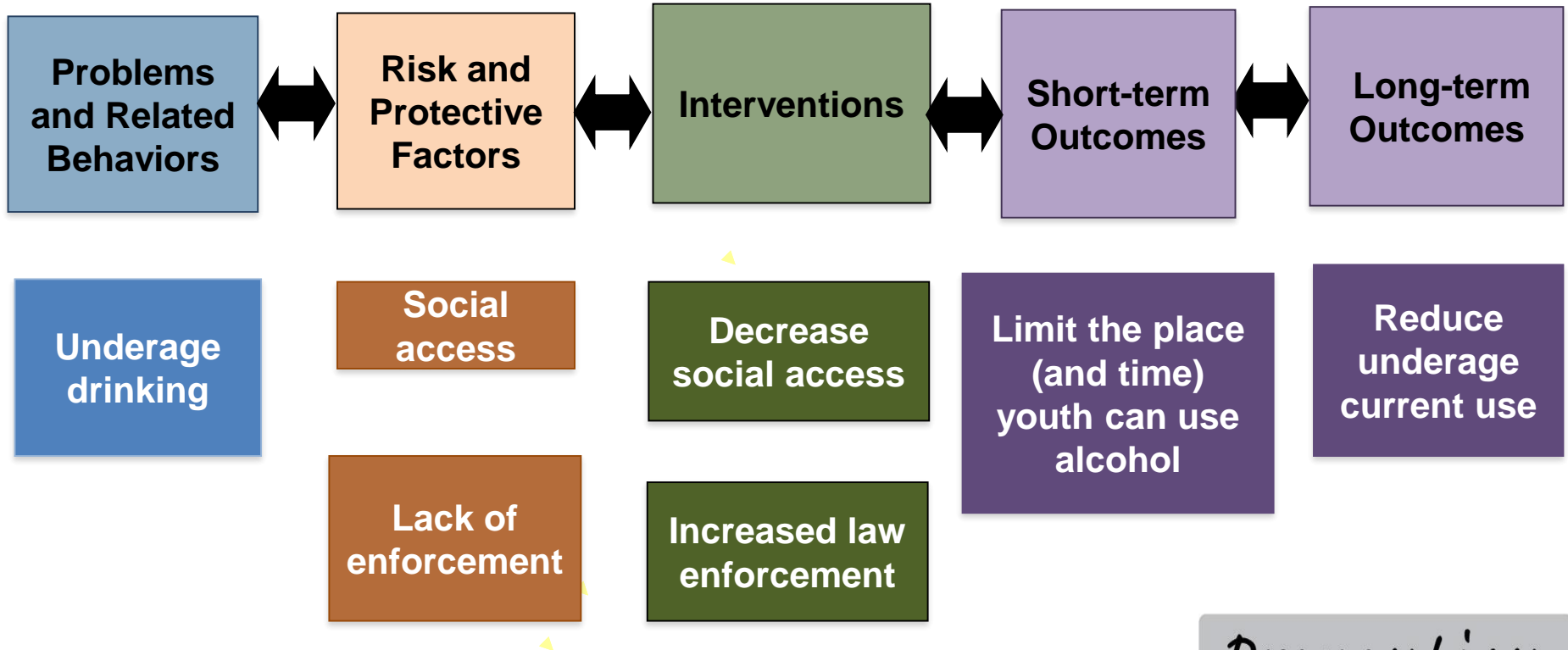


How do we know when we have arrived?

- How do we measure our effectiveness?
- What if we weren't effective?
- If we were effective, can we all go home now and stop meeting?



# Example: Underage Drinking



Did the problem get better or go away?

- What is the next issue to address?
- How do we sustain this success?
- Lets celebrate!





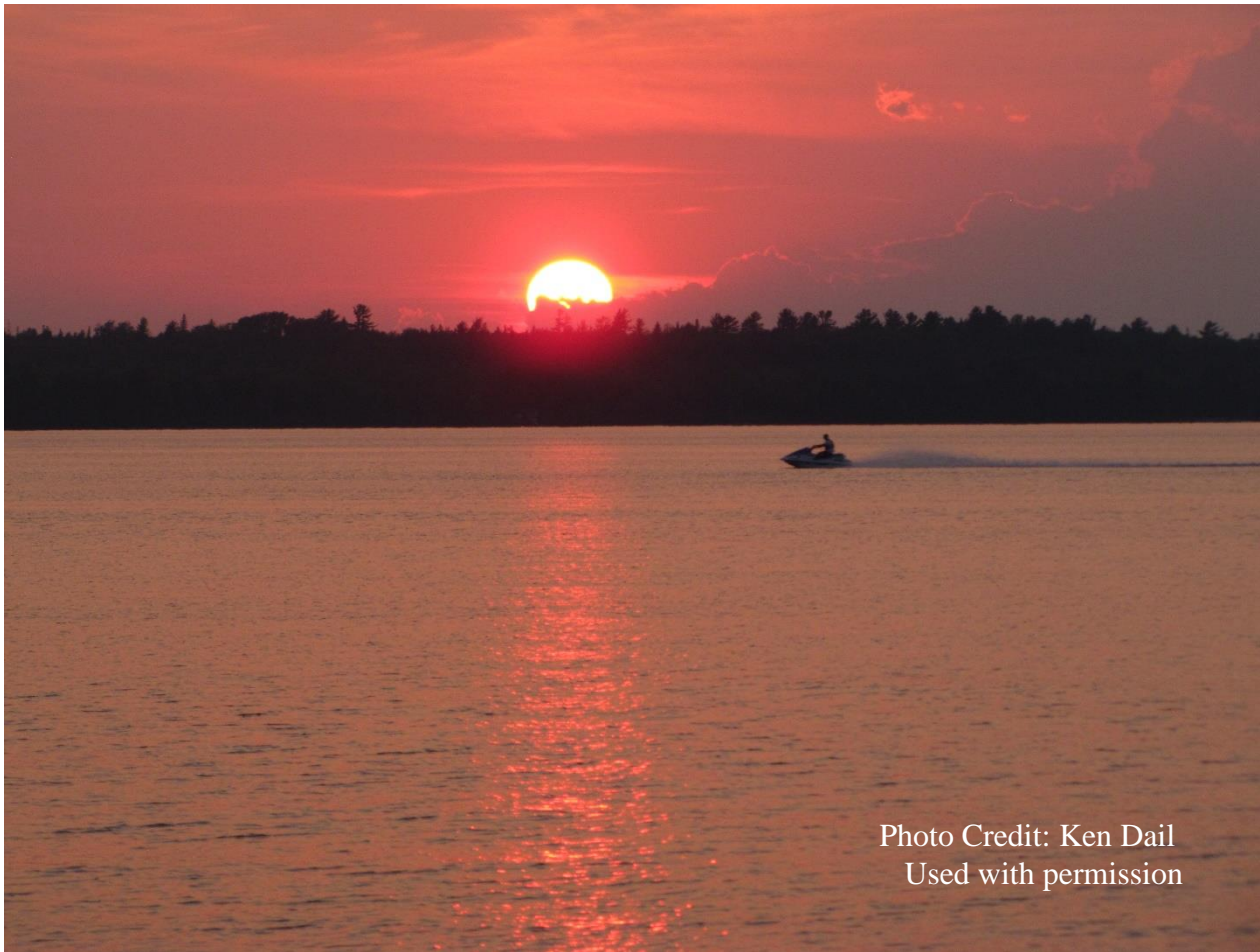


Photo Credit: Ken Dail  
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**Thank you for making a difference.  
Thanks for being here today.  
Safe travels home.**

